

Milpitas Sports Center Fitness Schedule

Effective December 6, 2004

1325 E. Calaveras Blvd, Milpitas, CA 95035

(408) 586-3225 TDD (408) 942-3286 www.ci.milpitas.ca.gov

Dance Studio I & II Workout Schedule						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM				Circuit Training 8:00-9:00AM Fitness Room		
9:00AM	Fit Over 50 9:00-10:00AM DS1	Total Body Sculpting 9:30-10:30AM DS1	Fit Over 50 9:00-10:00AM DS1	Feldenkrais 9:00-10:00AM DS2 (1/13-3/17/05) Total Body Sculpting 9:30-10:30AM DS1	Fit Over 50 9:00-10:00AM DS1	Sculpt Interval 8:30-9:45AM DS1
10:00AM	Fit Over 50 10:00-11:00AM DS1	Gentle Yoga 10:00AM-11:00AM DS2	Fit Over 50 10:00-11:00AM DS1		Fit Over 50 10:00-11:00AM DS1	Power Sculpt 9:15-10:15AM DS2
11:00AM						Blissful Yoga 11:30AM-12:30PM DS1
12:00PM	Toning Circuit 12:00-1:00PM DS1	Cardio Kickboxing 12:00-1:00PM DS1	Butts & Guts 12:00-1:00PM DS1	Cardio Kickboxing 12:00-1:00PM DS1	Pilates 12:00-1:00PM DS1	
5:00PM			Blissful Yoga 5:15-6:15PM DS2			
6:00PM	Cardio Kickboxing 5:45-7:00PM DS2	Pilates/Ball 5:45-7:00PM DS2	Total Body Sculpting 5:45-7:00PM DS1	Step and Tone 5:45-7:00PM DS1		
7:00PM	Sculpt Interval 6:30-7:45PM DS1	Cardio Dance 5:45-7:00PM DS1		Butts & Guts 5:45-7:00PM DS2		
8:00PM	Beginning Yoga 7:15-8:30 PM DS2	Step Level 1 7:00-8:00PM DS1	Hatha Yoga (mixed) 7:15-8:15PM DS2			
Aquatics Schedule						
6:00AM	Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise		Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise		Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise	Water Exercise 9:15AM-10:15AM Yard Pool
7:00AM	6:45-7:45AM Yard Pool		6:45-7:45AM Yard Pool		6:45-7:45AM Yard Pool	Lap Swimming 10:00AM-12:00PM Meter, Yard Pool
11:00AM	Lap Swimming 11:30AM-1:30PM Meter Pool		Lap Swimming 11:30AM-1:30PM Meter Pool		Lap Swimming 11:30AM-1:30PM Meter Pool	
12:00PM	11:30AM-12:30PM Yard Pool		11:30AM-12:30PM Yard Pool		11:30AM-12:30PM Yard Pool	
1:00PM	Water Exercise 12:30-1:30PM Yard Pool		Water Exercise 12:30-1:30PM Yard Pool		Water Exercise 12:30-1:30PM Yard Pool	
4:00PM	Arthritis Aquatics 4:30-5:30PM Yard Pool		Arthritis Aquatics 4:30-5:30PM Yard Pool			
5:00PM						
6:00PM	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise		
7:00PM	6:00-7:00PM Yard Pool	6:00-7:00PM Yard Pool	6:00-7:00PM Yard Pool	6:00-7:00PM Yard Pool		
8:00PM						
Drop-In Sports Schedule						
6:00PM	Volleyball 6:00-10:00PM Large Gym		Volleyball 6:00-10:00PM Large Gym		Basketball 6:00-10:00PM Large Gym	Table Tennis 2:00-6:00PM Large Gym

Classes and instructors subject to change without notice. Please see reverse for class descriptions.

MSC CLASS DESCRIPTIONS

All fitness programs are designed for adults, ages 18+. Fitness class participants ages 14-17 are welcome when accompanied by parent or legal guardian. Participants ages 16-17 are welcome to join Lap Swim, Table Tennis and Volleyball when accompanied by parent or legal guardian.

Fitness Classes

Cardio Kickboxing: Aerobics, cardio boxing, and kickboxing for those who want to increase upper body strength, define and tone the midsection and lower body, improve balance and learn elements of self-defense.

Fit Over 50: Adapted for all ages and fitness levels, the fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density.

Pilates/Ball: Focused on the core of the body, the class strengthens, tones, develops flexibility, and body awareness through controlled, concise, and concentrated movements.

Cardio Dance: Dance the inches away with salsa. Experience a fitness-based dance workout incorporated with traditional salsa steps. Suitable for those with dance experience or for those who have never set foot in a studio.

Sculpt Interval: Using interval training, combines strength and toning with a cardio workout.

Step Level I: Step movements and are progressively introduced with emphasis on proper technique and form. We recommend beginners take this class before attempting Step Level II.

Step and Tone: Combines the "Step" for high-energy cardiovascular exercise with weights and resistance bands for toning.

Today Body Sculpting: A total body workout that strengthens and tones your muscles with burning calories. Focusing on all major muscle groups, a variety of resistance equipment is used to sculpt and shape the body.

Power Pump: A high intensity cardio workout that also strengthens muscles. Combines the use of plyometric movements, cardio work, light dumbbells and weight bars.

Circuit Training: Held in the Fitness Room, the class consists of a selective fitness exercise circuit. Safe, accommodating resistance exercise equipment, dumbbells and cardio machines combine to give body symmetry and muscle toning.

Butts & Guts: Aimed at two of the most troublesome spots. Combines deep stretching to create long muscles with specific exercises directly shaping the glutes and stomach.

Toning Circuit: Combines the use of steps, medicine balls, body bars, hand weights, jump ropes, and ladders in an enjoyable circuit to achieve a toning, firming, and cardiovascular workout.

Beginning Yoga: Consists of simple yoga exercises to promote perfect health, flexibility, stamina and strength. Pranayam, or breathing lessons, will be followed by exercises called Asanas and conclude with deep relaxation.

Gentle Yoga: Similar structure as Beginning Yoga, slightly less intense. Great exercises for those who want to achieve a general well being, build strength, flexibility, and stamina.

Hatha Yoga: A combination of dynamic breathing and strong flowing movements create a purifying heat, eliminate toxins and provide a high energy workout. A combination of strength, flexibility, balance, and stamina.

Blissful Yoga: Gain clarity of mind and calmness of nerves. Relieve stress, relax, and focus the mind while integrating mind, body and spirit.

Feldenkrais: The Feldenkrais Method is a unique body centered learning process achieved through gentle movement sequences. Helps increase your ease and range of motion while improving flexibility and coordination. Offered as a set of 10 classes, January 13- March 17, 2005.

Aquatics

Lap Swim: A great way to stay in shape and build the cardiovascular system with no impact on the body. Pool lanes are designated as slow, medium and fast, allowing swimmers to swim at their own pace.

Arthritis Foundation Aquatic Program: Offered in conjunction with the Northern California Chapter Arthritis Foundation. Emphasis on pain reduction, improved range of motion, fitness, fun, and safety. No swimming skills necessary.

Water Exercise: Offering the benefits of land exercises while providing resistance during all movements. Can be adapted to the needs and fitness levels of any individual. No swimming skills

Drop-In Sports

Please note a \$2.00 fee for all Drop-In Sports. Large Gym use only, excludes Fitness Center, lockers, and showers.

Basketball: Ages 18+. Three courts available to improve skills and join in pick-up games.

Table Tennis: Six tournament tables available for beginners or those advanced in the sport. Paddles available for use.

Volleyball: Three courts of beginner, intermediate, and advanced play available to pick-up games. Sign up individually or with a team.

